

# **Physical Skills Unit Rules & Regulations**



**CHICAGO POLICE DEPARTMENT  
EDUCATION AND TRAINING DIVISION**

## WELCOME

The Chicago Police Physical Skills Unit want to congratulate you on being selected to participate in the Chicago Police Recruit Training Program. This program is a first step in your police career and one that we hope you take seriously. ***Our purpose is to instruct you on basic combat principles that will help you succeed in physical confrontations, and teach you how to explain your actions to others afterwards.***

During your weeks of recruit training, you will receive instruction in tactical conditioning and control tactics. The hours of tactical conditioning (TC) are designed to improve cardiovascular fitness and overall health. This training is considered the minimum required to prepare you for the Physical Evaluation Tests that you will be required to pass while in the Academy. Should your physical condition not improve during your recruit training, recruits are expected to be proactive, responsible adults and make appropriate adjustments in their schedule for additional training and supportive classes.

Control Tactics (CT) instruction is a sequential block of physical confrontational principles that builds on itself to form a comprehensive and adaptable system. Copyrighted as the Protective Safety System, this is the system endorsed by the Chicago Police Department when officers are called upon to justify their actions. Recruits are obligated to understand each hour completely and should set aside time outside of class for additional practice.

Throughout your training, recruits are expected to demonstrate professionalism at all times. Instructors constantly observe recruit behavior and watch for recruits that do not demonstrate a genuine willingness to serve and protect the citizens of Chicago. Traits such as loyalty, duty, respect, selflessness, honor, integrity and courage provide the strength of character to effectively perform police duties under stressful and challenging conditions while making reasonable and legal decisions. It is important that you not only help yourself in these endeavors, but fellow recruits as well.

While in the Academy, recruits will have decision making drills where each will be tested on their ability to properly identify and categorize subjects based on their actions and react with appropriate force options. It is our hope that you make the most out of your time at the Education and Training Division and learn from instructors and recruits alike.

All recruits will demonstrate the ability to work well with others regardless of their personal beliefs, morals, culture, religion or any past or present convictions for the good of the Chicago Police Department (Department) and never bringing discredit to the Department and the citizens we serve. Remember, it is your career and your choice to be as good or as poor as you desire. Good luck to all of you.

## **CHICAGO POLICE RECRUIT Required Uniform**

All Chicago police recruit candidates are required to have the following uniform items by their first hour of physical training, and every class thereafter. Most items must be purchased by an approved uniform vendor.

- Two long sleeve BDU shirts as prescribed by Uniform Specification U21.180.
- Two BDU trousers as prescribed by Uniform Specification U21.180.
- Two long sleeve navy blue cotton sweat shirts with the recruit's LAST name spelled across the front of the sweat shirt in white block lettering (each letter will be two inches in height.)
- Three short sleeve cotton gray t-shirts with the recruit's LAST name only across the front in white block lettering (as described above).
- Two pairs of full length navy blue sweat pants without ornamentation.
- Two pairs of navy gym shorts without pockets and will not be 3/4 length.
- One Yellow [neon] reflective traffic safety vest with "POLICE" printed on it and conforms to the dept. Uniform Specifications.
- One pair of all white athletic shoes with non-marring soles for classes on the gym floor.
- One pair of running shoes that are black, blue or gray or a mixture of those colors.
- White crew socks WITHOUT stripes or ornamentation.
- Athletic supporter with plastic cup for male recruits
- Sports bra for female recruits
- One dial combination lock, black and silver only, key locks are not allowed in the locker room.
- Towel, soap, shampoo, shower slippers and any other shower supplies AS NEEDED by the recruit for **proper hygiene**.
- One plastic or rubber mouth guard carried in a plastic container or zip lock bag.
- One 2oz. canister of INERT Training spray with covered leather case that matches and fits the prescribed duty belt.
- One pair of industrial eye protection goggles, ones not used for firearms training.
- One pair of regulation, department authorized handcuffs.
- One leather handcuff case that fits the prescribed duty belt and department authorized handcuffs.

- One heavy duty handcuff key, other than the ones included with new handcuffs. This heavy duty key is approximately 2 and 2 inches in length and 2 wide.

- One clip style key ring holder Duty belt keeper.

- One leather duty belt as prescribed by the range that fits the above described handcuff case, OC case, expandable baton scabbard, and duty belt keeper.

- One “REDMAN” style head protector (red or black in color.)

- One gym bag to contain the above items, blue or black in color (little or no ornamentation). Wheels are acceptable.

- *One of the following* Department approved Expandable Batons:

Armament Systems and Procedures (ASP) expandable batons

- Friction Lock: Model number F21 (21 inches), Scabbard is called the Side break
- Talon disc lock: The ASP Talon expandable baton in 21 inches is approved equipment, model number T50, scabbard is called the Envoy

Monodnock expandable batons

- 9000 series Monadnock Auto Lock expandable baton in 21 and 22 inches length
- 2000 series friction lock in 21 and 22 inches length
- The 26 inches model is approved for Mounted Unit use only

-One polycarbonate, plain black leather or leather composite holder scabbard specific to the expandable baton.

-Cold weather gear (gloves and knit hat), black in color without logos or ornamentation, for recruits attending the Academy during winter months (01NOV-30APR).

- Clear water bottle with last name and group identifier. Only water is allowed in water bottle (no fruit, electrolytes, protein powder, or flavoring). Prefilled water bottles are not allowed i.e. Aquafina, Fuji, or Voss.

- *Optional: Soft knee and elbow pads.*

<b>CHICAGO POLICE RECRUIT PHYSICAL SKILLS UNIT REQUIRED UNIFORM CHECKLIST</b>		
2 BDU long sleeve shirts	white crew socks	Inert OC spray
2 BDU trousers	Athletic supporter (m) /sports bra (f)	Industrial eye protection goggles
	Dial combination lock (black and silver)	Handcuffs
2 blue gym shorts	Mouth guard & container	Handcuff case
2 blue sweatshirt (w/ lettering)	REDMAN style head protector	Heavy duty handcuff key
2 sweatpants	Shower supplies	Duty belt
3 gray t-shirts w/ block lettering	Gym bag (blue or black)	Duty belt key ring belt keeper
Yellow[Neon] reflective vest	Cold weather (black gloves and knit cap) 01NOV-30APR	Expandable Baton Expandable Baton scabbard
White, non-marring sole, gym shoes	Clear water bottle: entire class must have same water bottle	<i>Optional: Soft knee &amp; elbow pads</i>
Running shoes (blue, black or gray)		

## **METROPOLITAN POLICE RECRUIT Required Uniform**

All Metro police recruits are required to have the following uniform items by their first hour of physical training, and every class thereafter. Most items must be purchased by an approved uniform vendor.

- Two long sleeve BDU shirts as prescribed by Department uniform specification.
- Two BDU trousers as prescribed by Department uniform specification.
- Two long sleeve navy blue cotton sweat shirts with the recruit's LAST name spelled across the front of the sweat shirt in white block lettering (each letter will be two inches in height.)
- Two short sleeve cotton gray t-shirts with the recruit's LAST name only across the front in white block lettering (as described above).
- Two pairs of full length navy blue sweatpants without ornamentation.
- Two pairs of navy gym shorts without pockets and will not be 3/4 length.
- One Neon reflective traffic safety vest with "POLICE" printed on it that conforms to Department policy.
- One pair of all white athletic shoes with non-marring soles for classes on the gym floor.
- One pair of running shoes that are black, blue or gray or a mixture of those colors.
- Plain white crew socks WITHOUT stripes or any type of ornamentation.
- Athletic supporter with plastic cup for male trainees
- Sports bra for female trainees
- One dial combination lock, black and silver only, key locks are not allowed in the locker room.
- Towel, soap, shampoo, shower slippers and any other shower supplies AS NEEDED by the recruit for **proper hygiene**.
- One plastic or rubber mouth guard carried in a plastic container or zip lock bag.
- One 2oz. canister of INERT oleoresin capsicum spray with covered leather case that matches and fits the prescribed duty belt.
- One pair of industrial eye protection goggles, ones not used for firearms training.
- One pair of regulation, department authorized handcuffs with covered leather belt case that fits the prescribed duty belt. Security style handcuffs will not be used during Control Tactics training.
- One Department-approved expandable baton
- One heavy duty handcuff key, other than the ones included with new handcuffs. This heavy duty key is

approximately 2 and 2 inches in length and 2 wide. Keys that resemble the PR-24 style baton are NOT acceptable.

- One clip style key ring holder Duty belt keeper.

- One leather duty belt as prescribed by the range that fits the above described handcuff case, OC case, expandable baton holder and duty belt keeper.

- One “REDMAN” style head protector (red or black in color.)

- Cold weather gear (gloves and knit hat), black in color without logos or ornamentation, for recruits attending the Academy during winter months (01NOV-30APR).

- Clear water bottle with last name and group identifier. Only water is allowed in water bottle (no fruit, electrolytes, protein powder, or flavoring). Prefilled water bottles are not allowed i.e. Aquafina, Fuji, or Voss.

- One gym bag to contain the above items, blue or black in color (little or no ornamentation).

- Optional: Soft knee and elbow pads for CT and PT classes.

<b>Metropolitan POLICE RECRUIT Candidate</b> <b>PHYSICAL SKILLS UNIT REQUIRED UNIFORM CHECKLIST</b>		
2 BDU long sleeve shirt	White crew socks	Industrial eye protection goggles
2 BDU trousers	Athletic supporter (m) /sports bra (f)	Handcuffs
2 blue gym shorts	Dial Combination lock: black or silver	Handcuff case
2 blue sweatshirt (w/ lettering)	Mouth guard & container	Heavy duty handcuff key
2 sweatpants	REDMAN style head protector	Duty belt
2 gray t-shirts w/ block lettering	Shower supplies	Duty belt key ring belt keeper
Yellow[Neon] reflective vest	Gym bag (blue or black)	Expandable Baton
White, non-marring sole, gym shoes	Inert OC spray	Expandable Baton scabbard
Running shoes: black, blue or gray	Cold weather (black gloves and knit cap) 01NOV-30APR	Clear water bottle: entire class must have same water bottle
<i>Optional: Soft knee &amp; elbow pads</i>		

## **Rules & Regulations**

### **Uniform**

- 1.1 **All uniform and equipment items must be ready and available at all times for all scheduled and unscheduled** (schedule changes may occur without notice) physical training classes.
- 1.2 Gym clothing must not have stripes, logos, lettering or any other kind of ornamentation other than the printing that is department authorized.
- 1.3 Each recruit will put their initials on the tags of all clothing items, including the traffic safety vest and Redman head protector, with a black permanent laundry marker.
- 1.4 It is the responsibility of each recruit to wear protective items (athletic supporter, sports bra, mouth guard, elbow/knee pads) before CT/TC training class begins.
- 1.5 For those attending the Academy during winter months, all cold weather gear worn in view (gloves and knit hat) must be black in color.

### **Personal Responsibility**

- 2.1 It is the responsibility of the recruit to be well rested, properly fueled and hydrated for all CT/TC class. Drink enough water throughout your day to provide the necessary hydration required for physical training. It is the responsibility of the recruit to avoid dehydration and low blood sugar.
- 2.2 It is the responsibility of the recruit to prepare for all CT and TC classes by studying the materials provided, asking questions and seeking out additional support when needed.
- 2.3 Recruits will manage their time in the Academy and at home efficiently so as to have enough time to meet the demands that have been placed upon them.
- 2.4 Irresponsible behavior both on-duty and off-duty will be met with disciplinary action, including, and not limited to the initiation of a C.R. number.
- 2.5 Recruits with specific running/foot problems such as over pronation, supination, shin splints, etc., need to address those problems with specialized shoe vendors/and or qualified doctors BEFORE physical training class.
- 2.6 Recruits with respiratory problems such as asthma or other physical ailments that require specialized equipment (i.e. nebulizer/inhaler) will have said equipment ready and available at all times during PT and TC classes.
- 2.7 It is the recruit's responsibility to immediately inform instructors of injuries sustained during control tactics class and/or physical training exercises. Instructors must be

informed of any injuries immediately, or at the conclusion of the class in which the injury occurred. It is incumbent upon the recruit to discern with the best of his/her ability between muscle soreness and an actual injury. Pain related symptoms not attributed to muscle soreness brought to an instructor's attention will be treated as an injury.

- 2.8 Only a sergeant or above has the authority to excuse a Chicago Police recruit from physical training class. Only a supervisor from a Metro police department has the authority to excuse a metro police recruit from physical training class. "Light Duty" status or recruits with injuries cannot participate in physical training class and will have to reschedule missed classes when their condition/status changes. Training injuries must be reported immediately to the physical skill instructor who conducted class.
- 2.9 **All required reports (To/From etc.) must be submitted to the appropriate requesting officer or supervisor before the end of your tour of duty.** Failure to submit any report before the end of your tour of duty will be met with disciplinary action, including, and not limited to the initiation of a C.R. number.
- 2.10 When recruits are advised to attend supportive training, it will be their responsibility to schedule the supportive training classes with the appropriate instructor(s) in a timely fashion.

### **Class Commander / Group Responsibility**

- 3.0 Recruits will report to class on time. If the entire recruit group is delayed as a result of being held late from another class, the class commander or assistant class commander will inform the lead gym instructor prior to the late arrival.
- 3.2 Recruits and their equipment will be inspected during in their first few weeks in the Academy. Recruits without the proper equipment must submit a To/From Subject report addressing the equipment discrepancy.
- 3.3 The class commander will have a current roster of all class members available at the beginning of EACH CT/TC class.
- 3.4 Each class will be issued an individualized Physical Skills Class Binder for their class. Class commander or Assistant class commander will sign off on class taught in the binder prior to end of class.
- 3.5 It will be the responsibility of the class commander or assistant class commander to check and verify the posted gym schedule regarding class time, topic, lead instructor and proper uniform/equipment for class. Instructors duty times vary – its best to check at least 24hrs before the scheduled class.



- 3.6 Recruit schedules change often. It is the responsibility of all class members to report schedule discrepancies (between the recruit distributed weekly schedule and the posted gym schedule) to the affected parties as soon as they are discovered.
- 3.7 Recruits will report to all physical training classes in the required gym uniform unless directed by an instructor otherwise.
- 3.8 Recruits will stand in formation inside the gym and stand at attention until directed by an instructor to do otherwise.
- 3.9 After all control tactics/conditioning classes, recruits will shower and change back into their regulation uniform.
- 3.10 Recruits who report to any instructor's office will **knock outside the door, identify themselves and state their purpose and wait to be admitted.**
- 3.11 At no time will recruits be in any horizontal/reclined position or any position that could be interpreted as a lounging/sleeping position while in the gym.
- 3.12 No jewelry of any kind will be worn during any physical training or control tactics class. This includes wrist watches and wedding rings as well as non-visible body piercings.
- 3.13 Eye glasses will not be worn during physical training or control tactics class. Prescription sport glasses or contact lenses are acceptable and should be worn in lieu of eye glasses.
- 3.14 Barrettes, bobby pins, or other hard items will not be worn in the hair during any training class.
- 3.15 Fingernails will be closely trimmed at all times. Recruits who cause injury with long fingernails will face disciplinary action.
- 3.16 Food, including gum and candy, are prohibited in the gym and locker room area.
- 3.17 Recruits must shower before returning to regular class. All recruits will keep proper hygiene and launder their uniforms.
- 3.18 The gym locker room is not to be used for shaving.
- 3.19 The locker room will be kept clean at all times. It is the responsibility of the class commander to ensure that the locker room, shower facilities, equipment room and all other areas used by that class is cleaned and returned to a state of order. All showers and faucets will be fully turned off after use.
- 3.20 Recruits will secure a gym locker **no earlier than 1 hour before gym** class and will **remove their lock and possessions immediately after gym class.** As there are not

enough lockers to match the daily need of recruits scheduled to attend gym class for that day, any locks not removed immediately after class will be cut. Recruits will not secure more than one locker at a time.

- 3.21 Recruits have specific locker locations and must use lockers in that location. Recruits will NOT use lockers restricted for staff or visiting Police Officers. There are limited lockers. Those that try to secure more than one locker will have their locks cut.
- 3.22 Misuse of Control Tactics, performing Control Tactics without instructor approval, or performing any Control Tactics outside the scope of instruction will result in immediate disciplinary action. Recruits will be held responsible for any and all injuries that occur to themselves or others as a result of failure to follow instructions and/or proper safety procedures.
- 3.23 Recruits with body piercings will have them removed prior to any and all CT/TC classes. Injuries that result from torn body piercings may not be considered IOD.

## Physical Fitness & Nutrition

All recruits will maintain a Fitness and Nutrition Section in their State Notebook. Included in the Fitness and Nutrition Section will be the following:

(1) A fitness log that will record every fitness activity performed by the recruit with the recruit's homeroom, every self-initiated fitness activity performed individually by the recruit on their own time, and in certain cases, every fitness activity performed individually as the result of an Individualized Fitness and Nutritional Performance Plan for a week.

(2) Every recruit will create a user profile on the ***choosemyplate.gov*** website. Then, **at least once during training**, each recruit will create a nutrition report from the ***Supertracker*** tool located on that site. If the recruits are assigned laptop computers, log entries could be performed daily on the aforementioned websites (or alternate site designated) if instructed to do so. These reports are designed to help recruits understand how many calories they should be consuming in relation to the amount of physical activity each engage in.

[www.choosemyplate.gov](http://www.choosemyplate.gov)

*Supertracker Tool*

*All Recruits must log on and create a user profile*

Purposely documenting inaccurate/erroneous or fictitious information into any food log and/or designated on-line food tracker will yield erroneous results in relation to recruit weight gain or loss.

## Physical Skills Unit Testing Procedures

- 4.1 Recruits who fail any portion of any test are strongly advised complete at least one hour of supportive training before retesting. Recruit must show up on scheduled retesting date and time. Retesting change is at the discretion of the Physical Skills Unit Supervisor.
- 4.2 Recruits must schedule a supportive session in advance with an instructor before the day of the supportive class.
- 4.3 Recruits who fail any test will NOT be allowed to take the next test until they pass the previous test. **Additionally, recruits who fail a test must wear their prescribed blue gym sweats and running shoes until the recruit achieves a passing grade.**
- 4.4 Control Tactics tests are comprised of nine individual Control Tactics techniques. Each techniques possess *critical elements* (as indicted by an asterisk on the test) that must be performed properly in order receive a passing score on that technique. Techniques can posses one or more *critical elements*. Failure to correctly perform ANY critical element results in automatic failure for that technique. If a recruit fails a technique by failing to properly perform the critical elements listed for that technique, the recruit will immediately be given a second chance to perform that technique again properly with all the critical elements. Failing on the second attempt will result in a failure for the test, regardless of a numerical passing score.
- 4.5 Recruits will be tested in Assailant Control, Impact Weapon, Resister Control and physical fitness.

## ASSAILANT CONTROL TEST

<b>READY STANCE</b> *Maintain proper distance *Hands above belt line *Gun side 45 deg back  Verbal direction/warning  <b>COMBAT STANCE</b> *Wide Base *Deep base *Low Center *Head over center *Hands up elbows in  Verbal direction/warning  <b>S/P M/F</b>		<b>CHECKING</b>  *Creates impact/Not a push *Doesn't strike with fingers *Uses palms for strike *Creates safe separation * Combat Stance *Verbal Direction*  1 hand or 2 hand check Moves back with gun side away  <b>S/P M/F</b>		<b>FORWARD BREAK FALL</b>  *Diffuses pressure w/ forearm/palm *Hands/Elbow do not strike surface *Turns head  Knees do not touch the ground Lowers center prior to fall Slides forward  <b>S/P M/F</b>	
<b>GROUND KICKING &amp; STAND UP IN BASE</b>  *Kicks target when in range *Feet reload toward subject *Stands up in Base when able  Hand/Forearm grips ground surface Keeps head off ground/back flat Keeps knee(s) loaded for power Hands protect head/face Verbal direction/warning  <b>S/P M/F</b>		<b>PUNCH DEFENSE</b> *Cover *Closes Distance *Counter Attacks Verbal Direction/Warning  <b>DIRECT MECHANICAL STRIKES</b>  *Creates impact, not pushing *Strikes only within range *Elbow strikes- turn of body center *Knee strike - pulls subject into strike  Verbal direction/warning  <b>S/P M/F</b>		<b>FORWARD COLLAR THROW</b>  *Pulls subject down *Avoids subject's falling path. *Avoids subject's leg range. *Ends in 3 point kneel.  Prevents subject from rolling. Positions self above subject's shoulders Verbal direction/warning  <b>S/P M/F</b>	
<b>TACKLE DEFENSE/SPRAWL</b>  *Level change when subject lowers *Hips forward legs back *Successful safe separation  Applies secondary control modes Verbal direction/warning  <b>S/P M/F</b>		<b>ESCAPE FROM ATTACK HOLDS</b> Side headlock Awareness (far) *Arm distance away *Reacts upon being grabbed *Moves out of front position/Creates space Side headlock Awareness (close) *Shoulder to Shoulder distance *Reacts upon being grabbed *Moves out of front position/creates distance Headlock with a punch *Reacts upon being grabbed *Moves to perpendicular positions *Defends strikes *Controls Subject *Escapes  Verbal direction/warning  <b>S/P M/F</b>		<b>HOLSTERED WEAPON RETENTION</b>  Front /Side /Rear  *Initiates explosive movement *Traps weapon/lower center *Counter attacks subject with explosive movement *Breaks subject's hold on weapon *Create safe separation  Verbal direction/warning  <b>S/P M/F</b>	

\*CRITICAL ELEMENT, S/P =SPEED AND POWER, M/F= MOMENTUM AND FLOW

IMPACT WEAPON TEST (revised 1/1/2014)			
Last:	First:	M.I.	Min Score 27
Group:	Date:	Max Score 36	
<b>DRAW IW TO COMBAT STANCE</b> *Starts in Interview stance *Baton is in scabbard *Draws baton w/ proper hand *Assumes correct stance *Maintain proper distance *Gun side 45 deg back *Does not cross-draw Verbal direction/warning S/P M/F	<b>OPEN BATON UPWARD</b> *Full extension of the arm *Full hand grip on baton *No cross draw/opening to the side <b>COMBAT CLOSE</b> *Wide stance, knees bent *Keeps eyes on subject/horizon *Baton tip is driven straight down with proper follow-thru S/P M/F	<b>OPEN BATON DOWNWARD</b> *Full extension of the arm *Full hand grip on baton *No cross draw/opening to the side *Follow-thru with circular motion <b>COMBAT CLOSE</b> *Wide stance, knees bent *Keeps eyes on subject/horizon *Baton tip is driven straight down with proper follow-thru S/P M/F	
<b>CLOSED MODE STRIKES</b> Performs the following: -Weapon Strike -Double Weapon -Weapon-Reaction -Straight *Thump over tip where appropriate *45 deg downward angle *Strikes w/cap *Full power on all strikes *Knuckles are striking surface for Straight Strike S/P M/F	<b>OPEN MODE STRIKES</b> Performs the following: -Weapon Strike -Double Weapon -Weapon-Reaction -Weapon High & Low -Straight *Strikes with last 2" of baton *45 deg downward angle *Reloads between strikes *Proper hip rotation *Full power on all strikes S/P M/F	<b>WOOD BATON DRAW</b> *Draw baton to 'Port Arms' *Performs 'Port Arms' clearance technique Performs half-step movement *Verbal direction/warning S/P M/F	
<b>STANDING MULTIPLE ASSAILANT CONTROL</b> *Grips IW with butt showing *Keeps subject in position 1 *Fully loads to side of head *Strikes attacking limbs(s) *Some strikes across body *Shortens stick when close *Does not strike head/neck Maintains control of IW Avoids being struck/held Keeps elbows close to body Uses secondary control techniques Verbal direction/warning S/P M/F	<b>CLOSE QUARTERS ASSAILANT CONTROL</b> *Grips IW with butt showing *Strikes before being struck/held *Attempts escape *Fully loads when possible *Strikes attacking limb(s) *Shortens stick when close *Does not strike head/neck Maintains control of IW Avoids being struck/held Keeps elbows close to body Uses secondary control techniques Verbal direction/warning S/P M/F	<b>ASSAILANT CONTROL FROM GROND</b> *Grips IW with butt showing *Strikes before being struck/held *Strike target in range *Stands when not threatened *Shortens stick when close *Does not strike head/neck Maintains control of IW Avoids being struck/held Attempts alternate escape Uses secondary control techniques Verbal direction/warning S/P M/F	
<b>ORIGINAL TEST SCORE</b> _____ <b>Re-Test Score (max30)</b> _____ <b>Inst. Initials:</b> _____	The recruit understands that he/she is deficient in one or more IW skills and must submit a _____ to/from subject report addressing this deficiency. Mandatory supportive session(s) as determined by Supervisor must be attend before being eligible for retesting. _____ <b>RECRUIT SIGNATURE</b> _____		

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## RESISTOR CONTROL TEST

<p><b>ESCORT POSITION</b></p> <p>*Verbal direction/warning *Approaches w/ hands above belt line. *Two handed elbow control</p> <p>Elbow control w/ inside hand Brings elbow to center Palm control w/ outside hand Controls from 2 ½ position</p> <p style="text-align: center;">S/P M/F</p>		<p><b>TRANSPORT LOCK</b></p> <p>*Verbal direction/warning *Establishes control *Maintains control</p> <p>Brings elbow to center Controlled wrist is above elbow Takes subject off center/balance</p> <p style="text-align: center;">S/P M/F</p>		<p><b>CUFFING FROM TRANSPORT LOCK</b></p> <p>*1<sup>st</sup> cuff applied to controlled arm. *Maintains control *Controls second arm *Cuffs 2<sup>nd</sup> hand *Cuffs w/ both palms outward * Verbal direction/warning</p> <p>Prevents subject from walking Cuffs w/o undue stress</p> <p style="text-align: center;">S/P M/F</p>	
<p><b>ARM-BAR-ELBOW LIFT TAKEDOWN</b></p> <p>*Wrist/forearm held w/ outside hand *Elbow/triceps pressure w/ inside hand *Pushes subject down *Ends in 3pt kneel *Verbal direction/warning</p> <p>Brings subject to center during takedown Creates turning motion Stays at subject's head Immobilizes subject</p> <p style="text-align: center;">S/P M/F</p>		<p><b>EMERGENCY REAR CUFFING</b></p> <p>*Executes from 3pt kneel *Bars/locks-out arm with outside hand *1<sup>st</sup> cuff applied to controlled arm w/ inside hand *Controls second arm *Cuffs w/ palms outward *Stands subject *Maintains control *Verbal direction/warning</p> <p>Cuffs w/o undue stress Stands subject w/ forward circular motion. Stands subject w/o undue stress</p> <p style="text-align: center;">S/P M/F</p>		<p><b>HAIR-FACE-COLLAR TAKEDOWN</b></p> <p>*Executes from escort position *Wrist held w/ outside hand *Attempts stun w/ inside hand *Pulls subject downward *Ends in 3pt kneel *Verbal direction/warning</p> <p>Stays at subject's head Immobilizes subject</p> <p style="text-align: center;">S/P M/F</p>	
<p><b>EMERGENCY FRONT CUFFING</b></p> <p>*Executes from 3pt kneel *Bars/locks-out arm with outside hand *1<sup>st</sup> cuff applied to controlled arm w/ inside hand *Controls second arm *Cuffs w/ palms outward *Stands subject *Maintains control *Verbal direction/warning</p> <p>Cuffs w/o undue stress Stands subject w/ forward circular motion. Stands subject w/o undue stress</p> <p style="text-align: center;">S/P M/F</p>		<p><b>PRESSURE SENSITIVE AREAS</b></p> <p>*Points to each of the 4 areas *Applies proper direction of pressure/counter-pressure for:</p> <ul style="list-style-type: none"> <li>- Tip of nose</li> <li>- Under the ear</li> <li>- Under the tongue</li> <li>- Base/side of neck</li> </ul> <p>*Demonstrates multiple PSAs *Verbal direction/warning</p> <p>Keeps subjects head close to center Rewards upon compliance</p> <p style="text-align: center;">S/P M/F</p>		<p><b>PASSIVE RESISTER REMOVAL</b></p> <p>*Verbal direction from 2 ½ position *Applies PSA *Transitions into transport lock *Maintains control</p> <p>Brings elbow to center Stands subject w/ forward circular motion Stands subject w/o undue stress</p> <p style="text-align: center;">S/P M/F</p>	

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# **Testing Protocols**

## **Physical Evaluation Test (same standards as IL POWER Test)**

### **Sit & Reach**

*Purpose: This event is to measure the lower back flexibility.*

Shoes will be off.

Feet are together with heels pressed flush against the back of the testing box.

Legs are straight, knees locked.

Hands are placed one over the other, fingers extended

Tester's back should be at a 90 angle from the floor before beginning forward motion

Tester cannot lean back to gain forward motion to perform the test.

In a controlled fluid motion, tester will push the lever forward on the testing box.

### **Sit-ups (1full minute)**

*Purpose: This event measures the abdominal and hip flexor muscles.*

Begin in the down position; knees bent no more than 90 degrees.

Hands behind the head (not neck or top of the head) with fingers interlocked.

Feet flat on the ground with maximum shoulder width apart.

Holder holds ankles only. No other body part can be in contact with the tester.

Buttocks should be 10-14 inches from the heel or back of the feet.

When sitting-up, tips of the elbows must touch the top of the knees so the head/and or shoulders break the plane created by the hips

The base of the shoulder blades must touch the bottom of the testing surface before going back up.

No resting in the down position (defined as 1 second or 1 breath)

No spiking (lifting the buttocks off the ground while attempting to sit up)

### **Bench Press (max)**

*Purpose: This event measures your one-rep max absolute strength of the chest pectoral muscles.*

Tester is asked if he/she wants a warm-up press

Warm-up press should be less than the target weight

Feet are to remain flat on the ground

Back and lower body remain flat on the bench

Tester must lock arms out in the up position

### **1.5 Mile Run (timed)**

*Purpose: This event measures cardio-respiratory endurance.*

Start line and finish line are clearly indicated before the start of the event

Non-testing individuals cannot participate in the run.

Testing recruits cannot leave the running course (unless finished) once the event has begun

Finished participants cannot run along side those still testing.

Finished participants must remove their numbered bibs and clear the field

Finished participants will not sit down, bend over or lie down.

Finished participants must cool down gradually by walking around, and not suddenly stopping.



**CPD Physical Evaluation TEST STANDARDS**  
**(same standards as State of IL POWER Test)**

	MALE				FEMALE			
AGE	21-29	30-39	40-49	50+	21-29	30-39	40-49	50+
<b>SIT &amp; REACH</b>	16	15	13.8	12.8	18.8	17.8	16.8	16.3
<b>SIT-UPS</b>	37	34	28	23	31	24	19	13
<b>BENCH PRESS</b>	98%	87%	79%	70%	58%	52%	49%	43%
<b>1.5mi RUN</b>	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

## P/T Log

(To be copied, punched and inserted into state notebook)

DATE	ACTIVITY & Instructor	DISTANCE Or TIME	NOTES/DETAILS

Month: \_\_\_\_\_ Year: \_\_\_\_\_

## P/T Log Sample

DATE	ACTIVITY & Instructor	DISTANCE Or TIME	NOTES/DETAILS
1 Jan	Run KNIGHT	2.5 miles/35 min	Ran to UIC parking garage ramp. Ran up & down x3.
2 Jan	Cross Train (self)	30 min.	Pushups- 3 sets 44, 39, 32 Sit-ups (1min- 3 sets) 62, 57, 50 Air Squats – 50, 28, 25
	Continued from above	Continued from above	Second activity: Treadmill 15 minutes, 1.5 miles, Avg HR 130, Cal burned 185, additional 5 min cool down.
3 Jan	REST	-	-
4 Jan	Calisthenics KLAUBA	35 minutes	Jumping Jacks, Push-ups, sit-ups, supine bicycle, flutter kicks, superman, mountain climbers, squats, bear crawls, stairs (5 min.)
5 Jan	Crossfit WOD FLEPS	22 minutes	Fran; 22min

### **WARNING:**

#### Rhabdomyolysis

Rhabdomyolysis is a condition where muscle tissue breaks down and releases contents of muscle cells into the bloodstream. This condition can be brought upon by excessive exercise. Some recruits may also have a predisposition to this condition.

Refer to "The Truth About Rhabdo" by Dr. Michael Ray and "Killer Workouts" by Eugene Allen

- Rhabdomyolysis is a condition where muscle tissue breaks down and releases contents of muscle cells into the bloodstream.
- One particular molecule, myoglobin, could be released and be toxic to the kidneys.
- Symptoms of Rhabdomyolysis include: generalized muscle pain, nausea and vomiting, abdominal cramping and dark red or brown (Coca-Cola colored) urine. **It is imperative to inform Recruits not all muscle pain means one has Rhabdomyolysis.**
- Treatment of Rhabdomyolysis consists of intravenous fluids to flush out toxins through the kidneys.
- Recruits are reminded to properly hydrate throughout the day.

## Food Log

(To be copied, punched and inserted into state notebook)

DATE	Consumed	Quantity/Measurement	NOTES/DETAILS

Month: \_\_\_\_\_ Year: \_\_\_\_\_

### **SAMPLE OF GYM SCHEDULE**

A&A					
0600-1430	MED	KNIGHT/MED	SEIB	KLAU/KNIGHT	
0700-1530	STAFF	STAFF	STAFF	STAFF	STAFF
0900-1730			VAC/MED		
	<b>Mon / 13MAR</b>	<b>Tue / 14MAR</b>	<b>Wed / 15MAR</b>	<b>Thu / 16MAR</b>	<b>Fri /17MAR</b>
HOSPITAL	KNIGHT/SEIB	VAC/JXN	MED/VAC	JXN/SEIB	KLAU/KNIGHT
	<b>SUPPORTIVE 0600 MED</b>	<b>SUPPORTIVE 0600 KNIGHT/MED</b>	<b>SUPPORTIVE 0600 SEIB</b>	<b>SUPPORTIVE 0600 KLAU/KNIGHT</b>	<b>SUPPORTIVE 0600</b>
<b>0730-0825 (shower 815)</b>	2C Punch Defense YAU/SEIB	6C Instructor Redman MED /STAFF		5D Ground 1-Intro JXN  6D Instructor Redman KLAU/STAFF	6C Cuff Fr Transport KNIGHT/VAC  2B Headlock Escapes KLAU/JXN
<b>0830-925 (shower 0915)</b>	2C Recruit Conditioning YAU/SEIB	5B CS LR HR KNIGHT/VAC  6C Instructor Redman MED/STAFF		5D Ground 2-Mount JXN  6D Instructor Redman KLAU/STAFF	6C Recruit Conditioning KNIGHT/VAC  Recruit Conditioning KLAU/JXN
<b>0930-1025 (shower 1015)</b>	101A IW Mult Sub KLAU/VAC	2B Punch Defense JXN/SEIB  101A IW Disadv Pos VAC/KNIGHT	1B IW Mult Subj SEIB/JXN		5D Ground 3-Guard MED/VAC
<b>1030-1125 (shower 1115)</b>		2B Recruit Conditioning VAC/KNIGHT	1B IW Disadv Positions SEIB/JXN  101A IW Review KNIGHT/KLAU	1C IW Review KNIGHT/YAU	5D Ground 4- Fight Sim Trans MED/VAC
<b>1130-1225 (shower 1215)</b>	2D Punch Defense JXN/MED	2C Headlock Escapes YAU/MED		1C IW Drills KNIGHT/YAU	2A Headlock Escapes JXN/KLAU
<b>1230-1325 (shower 1315)</b>	2D Recruit Conditioning JXN/MED	2C Recruit Conditioning YAU/MED	1C IW Mult Subj KLAU/SEIB		2A Recruit Conditioning JXN/KLAU
<b>1330-1425 (shower 1415)</b>		2A Punch Defense SEIB/JXN	1C IW Disadv Positions KLAU/SEIB  2D Headlock Escapes JXN/KNIGHT	1A/1B IW Review MED/VAC/SEIB	5A Ground 5-Weap Def SEIB  6B Physical Eval 3 VAC/MED/STAFF
<b>1430-1525 (shower 1515)</b>	5C RC Test KNIGHT/VAC/ST AFF	2A Recruit Conditioning SEIB/JXN	1A IW Mult Subj MED/VAC  2D Recruit Conditioning JXN/KNIGHT	1A/1B IW Drills MED/VAC/SEIB	5A Ground 6-Weap Def Drills SEIB  6B Recruit Conditioning VAC/MED
<b>1530-1625</b>			1A IW Disadv Positions MED/VAC		
<b>1630-1725</b>					

## **RECRUIT INJURED WHILE ON DUTY (I.O.D.) REFERENCE**

- 1) You are a police recruit who was participating in a scheduled Control Tactics class or a Physical Training Class and sustained an injury.
- 2) A Hospitalization Report must be completed. This will be filled out by a CPD instructor/department member. Information such as your name, age, address, DOB, employee#, SSN and date of appointment are needed for these reports.
- 3) A witness to/from report must be submitted by one of your classmates. This is done by someone who was present when you sustained your injury. You need to provide their name, address, and group number. This report must be submitted to the supervising sergeant of the Physical Skills Unit before the end of their tour of duty. You will also have to sign the Injured On Duty (IOD) report, if it is available.
- 4) You need to go to the hospital. Either an ambulance will be called for you, or you will be taken by a department member in a department vehicle. You need to collect all your belongings from the gym locker room and secure them in your regular locker or take them with you. You can delegate this responsibility to a classmate.
- 5) At the hospital you will check-in at Reception. Reception will want to know your basic information. Often we get priority treatment from the staff. This process takes anywhere from 5-25 minutes depending on others who are waiting.
- 6) After Reception check-in, you will wait again until called to the Triage check-in. At Triage check-in, a nurse will assess the nature of your injury. After Triage Check-in, you will be taken to a room in the emergency/triage area. A doctor will eventually visit your room/area and request an x-ray. This usually takes 15 minutes or less.
- 7) When a member of the x-ray staff comes to get you, they will take you to the triage x-ray room and take a series of x-rays. This takes approx 20 minutes.
- 8) After your x-ray you will be taken back to the same emergency/triage room/area, and you will then wait for the doctor to read your x-ray results, and visit you for a second consultation. This is the chance to ask questions about the seriousness of your injury, expected recovery time, follow-up instructions, and how long before you can leave/check-out.
- 9) The doctor will call for someone to wrap your injury, provide further instructions and follow-up care/paperwork. This takes anywhere from 5 to 40 minutes. If it takes longer, get the attention of the doctor and remind them of your status.
- 10) After your injury is wrapped and you have been provided copies of your treatment/prescription(s) and follow-up care paperwork, you will visit the check-out desk in triage. There you sign your paperwork and leave. This usually takes less than 5 minutes.
- 11) If you are still accompanied by Chicago Police Department Personal, they will take you back to the Academy where you must drop off copies of all hospital paperwork at the sergeant's office (Physical Skills Unit) at the Police Academy. If after hours, slide them under the door. If able, you will drive your own vehicle home. If at the hospital a family member arrives to assist you, the Department Member may leave. In that event, your family member will take you back to the Academy where you would drop off copies of your hospital reports and drive your personal vehicle home (or arrange to have it driven from the Academy to your specified destination.)
- 12) Go home and rest. If your injury results in you missing more than 10% of your training curriculum (approx 10-12 days of actual classes) you will be recycled into the next recruit class.
- 13) The next day, you must call the Duty desk (312-746-7406) one hour before your starting time (the best time is usually 6am.) You must speak with an officer assigned to the duty desk. Leaving a voice mail message is not only unacceptable, but will also not be heard. After reporting your status to the duty desk officer, you must call the Medical Section 312-745-5000 and inform them of the nature of your I.O.D. injury. They will not have received any of your paperwork yet, so do not expect them to know anything about you. They will require you to visit the Medical Section ASAP (3510 S. Michigan Ave.) If you are ambulatory and feel well enough, see them the same day (parking is limited/restricted, so try to get a ride.) If you are on crutches, they will inform you when you should see them.
- 14) Once at the Medical section, you will have to see a department nurse. As the wait can be long, it is best to go early. A department nurse will review your I.O.D. claim and (more than likely) refer you to a department authorized specialist for follow-up. Often you can choose the follow-up doctor from a list, so

choose one close to your home. As these doctors will have limited office hours, call them to make your appointment ASAP.

- 15) After you visit the department authorized follow-up doctor, he/she will make an assessment of your ability to return to full duty. You must inform him that you will be engaged in physical activity daily and have no control over 'going light' or avoiding running. There is no limited/light duty for police recruits. You must be released from a doctor's care able to go full duty with NO RESTRICTIONS (or stitches.) The doctor will provide you with a note stating either 1) you can return to full duty on a specified date, or 2) request that you see him again after the injury has had some time to heal. Should he provide you with the note to return to full duty, you must now visit the medical section again to see a department nurse and provide them with the follow-up doctor's note. The department nurse can then release you from the medical, whereupon you could return to full duty at the Police Academy the next day.
- 16) If you are on I.O.D. status for a prolonged period of time, you must keep Duty Desk personnel informed of your progress on a weekly basis.

## **Rules of the Education and Training Division Fitness Center**

Recruits may and are encouraged to use the fitness center located within the Academy building. The fitness center is open 24 hours a day, everyday. When a recruit is using the fitness center either on or off duty, they must wear their prescribed recruit 'sweats' uniform. Injuries sustained while in the fitness center off-duty will not be considered IOD.

1. Training by the Education and Training /Division will take precedence over all other training.
2. Only department members are allowed access to the Fitness Center.
3. Other than recruits participating in a scheduled physical training session, all members use the Fitness Center at their own risk (injuries will not be considered I.O.D.)
4. All department members will respect the Fitness Center. Please re-rack your weights. Help keep the fitness center neat. Return weights to their proper places.
5. Collars will be used for free weights.
6. Only bottled water is allowed in the Fitness Center and on the cardio machines. Gatorade and other sports drinks that contain sugar are not allowed as spillage of these products complicate clean-ups.
7. No chalk or other substances that will soil equipment will be allowed.
8. No dropping of weights. Dropped weights damage the floor underneath the rubber matting.
9. No spitting in the water fountains.
10. Fitness Center bathrooms are not to be used as shower/changing areas. Locker rooms are to be used for these purposes.
11. No shoes are allowed on the Judo mats.
12. Equipment used by members should be wiped down after use. This is common courtesy.
13. Recruits must be in prescribed sweatshirt, sweatpants, t-shirt and/or shorts.
14. No gym bags are allowed in the Fitness Center. Lockers can be secured for bags and personal belongings.
15. No headphones or electronic equipment is allowed by recruits in fitness center

## **An AED is located behind the security desk at the front door.**

Below are picture examples of stations located in the Academy Fitness center and basic instruction on how to use them. Warning: never work with weight that is beyond your ability to lift. Always work out with a partner. An AED is located behind the security desk at the front door.

**Station 1:** Precor PIN Machine #304: **Pull Down**



Choose appropriate weight.  
Adjust thigh pad to appropriate position on the top of the legs.  
Grip bar with hands evenly separated.  
In a slow, controlled motion, pull bar down to upper chest (about sternum area).  
Slowly return bar to starting position.

**Station 2:** Precor PIN Machine #619: **Seated Leg Curl**



Choose appropriate weight.  
Adjust back seat so that knees align with pivot points.  
Adjust leg pad where it rests comfortably on the back of your ankle, just below the calf.  
Adjust top pad to rest securely across your thigh.  
In a slow, controlled motion curl legs downward.  
Slowly return to starting position.

**Station 3:** Precor PIN Machine #605: **Leg Extension**



Choose appropriate weight.  
Adjust back seat so knees align with pivot points.  
Adjust leg pad to rest comfortably on legs, in between the ankle and shin.  
In a slow and controlled motion, lift legs upward.  
Slowly return to starting position.

**Station 4:** Precor PIN Machine #504: **Lateral Raise**



Choose appropriate weight.  
Adjust seat height so shoulders align with pivot point.  
Grip handles, simultaneously resting arms against pads. (Pads will rest on top of arms)  
In a slow and controlled motion, lift arms upward.  
Slowly return to starting position.



**Station 5:** Precor PIN Machine #402: **Incline Press**



Choose appropriate weight.  
Adjust seat so the that handles are aligned with mid-chest.  
(About sternum area)  
Adjust handle height for comfortable extension.  
Grip handles and slowly and controlled press upwards.  
Slowly return to starting position.

**Station 6:** Precor PIN Machine #404: **Vertical Chest Press**



Choose appropriate weight.  
Adjust seat height so handles align near mid-chest.  
Place feet on foot plate and grip handles.  
Simultaneously, in a slow, controlled motion, press  
handles forward and push foot plate down.  
Slowly return to starting position.

**Station 7:** Precor PIN Machine #500: **Shoulder Press**



Choose appropriate weight.  
Adjust seat height so handles are positioned  
slightly above the shoulders.  
Select handle position.  
In a slow and controlled motion, press upwards.  
Slowly return to starting position.

**Station 8:** Precor PIN Machine #310: **Seated Row**



Choose appropriate weight.  
Adjust seat height so pad is positioned in the center of the  
chest.  
Adjust chest pad so there is a comfortable extension of  
arms.  
In a slow, controlled motion, pull handles towards the body.  
Slowly return to starting position.

**Station 9:** Precor PIN Machine #208: **Tricep Extension**



Choose appropriate weight.  
Adjust seat height so arms are resting comfortably on  
the pad, elbows aligned with pivot points.  
Grip handles so your outer forearm is facing away.  
In a slow, controlled motion, push handles away and  
down from you.  
Slowly return to starting position.

**Station 10: Precor PIN Machine #204: Camber Curl**



Choose appropriate weight.  
Adjust seat height so that arms are resting comfortably on pads and elbows are aligned with pivot points.  
Grip handles and in a slow, controlled motion pull upward and in towards your body.  
Slowly return to starting position.

**Station 11: Precor PIN Machine #712: Abdominal Isolator**



Choose appropriate weight.  
Adjust seat so that chest pads are resting comfortably against chest. Adjust pin to desired extension. Place feet on foot rest. Grab handles, in a slow, controlled motion push upper body towards knees. Slowly, return to starting position.

**Station 12: Medicine Ball Squats**



Choose appropriate medicine ball weight.  
Hold medicine ball tight against your chest, below your chin.  
While holding the medicine ball, place your feet in a shoulder width apart stance. Maintain lumbar curve and chest up.  
Keeping weight in your heels, bring your butt back and down.  
Bottom of squat should be below parallel hip crease below knee cap. Return to full extension by pushing off heels and standing up.

**Station 13: Precor PIN Machine #505: Pec Fly**



**PEC FLY**  
Choose appropriate weight.  
Choose handle extension, should be parallel not behind you.  
Adjust seat height so handle grips are shoulder height.  
Grip handles, elbows slightly bent.  
In a slow, controlled motion, pull arms together.  
Slowly, return to starting position.

**An AED is located behind the security desk at the front door.**